

VIKING

for kids

- Summer Vacation • Campfire Games • Hike & Seek
- A Student Abroad • Olympics • Birds of Norway
- Marshmallow Mansion Activity
- Recipe: S'mores Dip



AUGUST 2021

SUMMER VACATION IN NORWAY

Outdoor life plays a big role in a Norwegian summer. Norway lies so far north (about the same as Alaska), that the sun sets only a few hours a day in July and August. Kids enjoy warmer weather with typical activities like biking, swimming, camping and eating ice cream.

Families tend to take trips over the summer, sometimes traveling to other countries. Because of Covid restrictions, many are doing Norgesferie ("Norway vacations") in 2021 instead of traveling elsewhere.

Norway's tourism office made a video about kids travel, [TravelKids](#). The kids plan their dream trip in Telemark County, going on a pirate-themed ferry ride, petting adorable farm animals and eating waffles after hiking up a mountain. Of course, it

wouldn't be a proper trip without a campfire, and they enjoy the sunset while roasting marshmallows and fishing. Listen to the voiceover in Norwegian and turn on the subtitles in English!

It is said that the best things in life are free, and many of the typical summer activities cost little to nothing: swimming, hanging out with friends, playing games and visiting playgrounds, scavenger hunts, picnics, climbing a tree, reading, grilling, berry picking (don't forget eating!), visiting friends and family, and enjoying nature.

Other fun activities include camping, amusement parks, fishing, boating, going to the cabin, and going to tourist sites.

Fun fact: By law, Norwegians can hike and camp anywhere, as long as they are respectful and leave things the way they found them.



CAMPFIRE GAMES

TO LIGHT UP THE NIGHT

The Telephone Game

- One person thinks of a phrase. They can make it as simple or complex as they would like.
- That person whispers the phrase into the ear of the person sitting next to them.
- The key rule is that no one is allowed to repeat themselves. So, whatever was heard by the listener MUST be whispered to the next person, and so on.
- Once the phrase has been passed around the circle, the last person says what they heard out loud. The results can be silly, strange and hilarious!

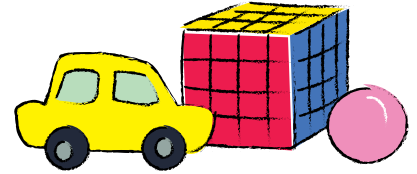
Wink Detective

- One person, the "detective," leaves the campfire so that they cannot hear anything.
- The rest of the group then selects one person to be the "criminal."
- The detective is then invited back to the campfire to witness the crime
- The criminal then starts to "take out" other members of the group by winking at them. If anyone around the circle sees the criminal wink at them, they are out!
- The detective works quickly to figure out who the criminal is before the entire group has been taken out. If they can, they win the game so a new detective can be chosen.
- If the criminal manages to take out the whole group before the detective can identify them, then they win the game and become the next detective.

The Word Game

- One person starts by thinking of a random word and saying it out loud.
- The person sitting next to them has to then come up with a different word that somehow relates to the previous word. [Example: sock > foot > football > MN Vikings]
- This pattern goes around the circle from person to person. No word can be repeated.
- This game can go on for hours and hours and is great for all ages.

HIKE & SEEK



Going for a hike with your family and friends is a wonderful way to spend a summer day. Whether strolling in your neighborhood or roaming through a deep forest, hunting for geocaches along the way can add a new element of adventure as you explore the great outdoors.

A **geocache** is a waterproof container permanently hidden somewhere outside. They usually contain a paper log for visitors to write their name in, a pencil, and some swag, which are small, tradeable objects such as small toys, keychains or fun painted rocks. Sometimes, there is a “trackable” in the container. This is a tag or coin with a special code that can be mapped from cache to cache.

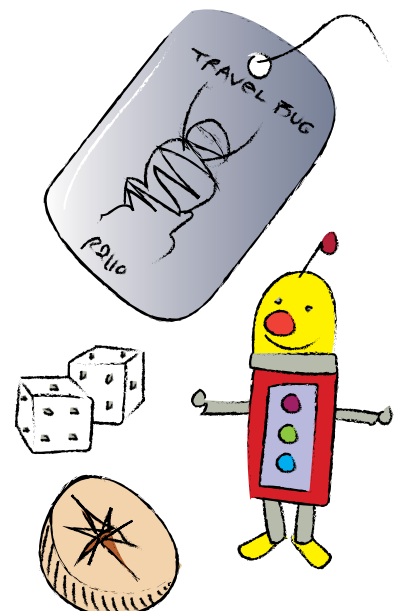
Geocaches in your area will be listed on a geocaching website along with descriptions and clues. Their locations are registered using their precise latitude (location, north to south) and longitude (location, east to west). Once you are nearby, you can hunt the cache using a geocaching app on a smart phone or a handheld GPS unit.

When you find a cache, write your name and date on the log, swap out some swag, and hide it back exactly where and how you found it. Then create a log on the website, adding a sentence or two about your outdoor adventures.



Photo Credit: Settergren

To find out more, visit
www.geocaching.com



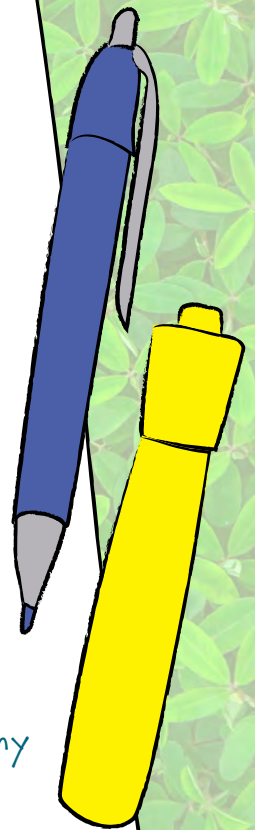


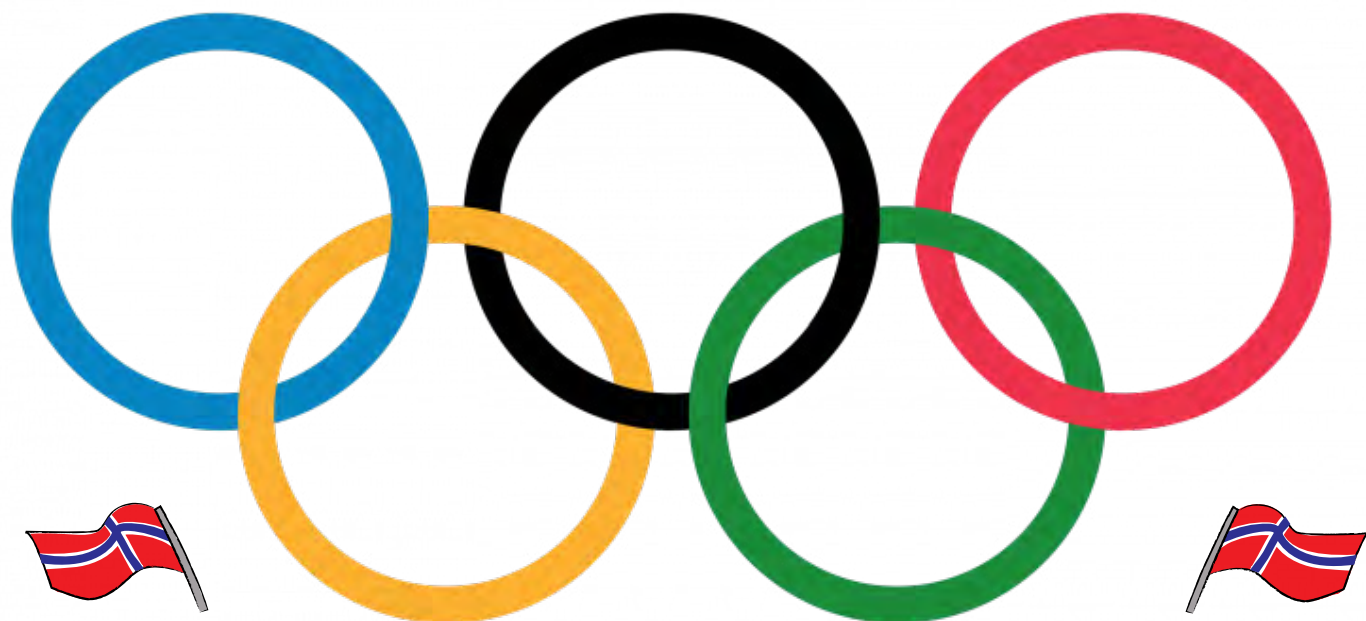
HELLO FROM LIV!

A STUDENT ABROAD

Hei hei, jeg heter Liv! I live in St. Paul, Minnesota, and I just graduated from high school. In late August, I will be embarking on the biggest adventure of my life: I'm moving to Norway! I'm going to be attending **Fana Folkehøgskule** near Bergen. **A folk high school** is a school with no grades where you study only things that interest you. At my school, students can choose between music, art, gaming, theater, psychology, and I will be studying film photography. Other schools have subjects like sailing, sports, outdoor life, and even dog training.

The reason I'm attending folk high school is, of course, to get better at speaking Norwegian, but also to go on some adventures and try new things before I head off to college next year. I'll be living with a bunch of other Norwegians my own age and will immerse myself in a completely different culture. I'll be sharing photos from my year at Fana with **Viking for Kids** and look forward to sharing my adventures with you!





NORWAY IN THE OLYMPICS

This summer, 94 Norwegian athletes competed in 33 sports at the Tokyo Summer Olympics.

Flag bearers representing Norway were **Anne Vilde Tuxen**, age 23 from Tananger in southwestern Norway (diving) and **Tomoe Zenimoto Hvas**, age 21, from Bærum near Norway's capital, Oslo (swimming).

Learn some of the words associated with Olympic sports in Norwegian:

OL ("ooh-ell") – Olympics

Olympiske Leker – Olympic Games

sommer – summer

idrett – sports

atlet – athlete

trening – training, practice

boksing – boxing

bryting – wrestling

friidrett – track and field

hekkeløp – hurdles

gymnastikk – gymnastics

håndball – handball

kajakkpadling – kayaking

roing – rowing

seiling – sailing

sprangridning – horse jumping

stavsprang – pole vault

stuping – diving

svømming – swimming

terrengsykling – mountain biking

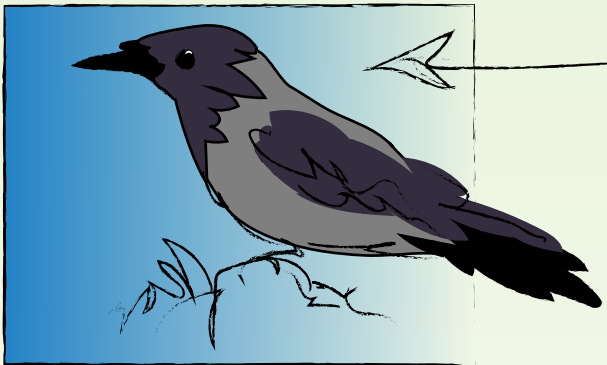
rullebrettkjøring – skateboarding

tikamp – decathlon

BIRDS IN NORWAY

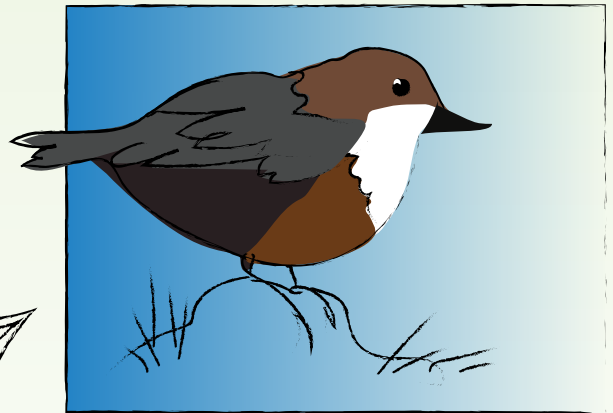
Here are a few fugler you might see and hear when on a hike in Norway.

Rødstrupe – The European Robin is the first bird you will hear singing early in the morning. Rødstruper summer all over Norway, even near the Arctic Circle. The North American Robin was named after this small, red-breasted flycatcher. Both birds love to eat bugs.



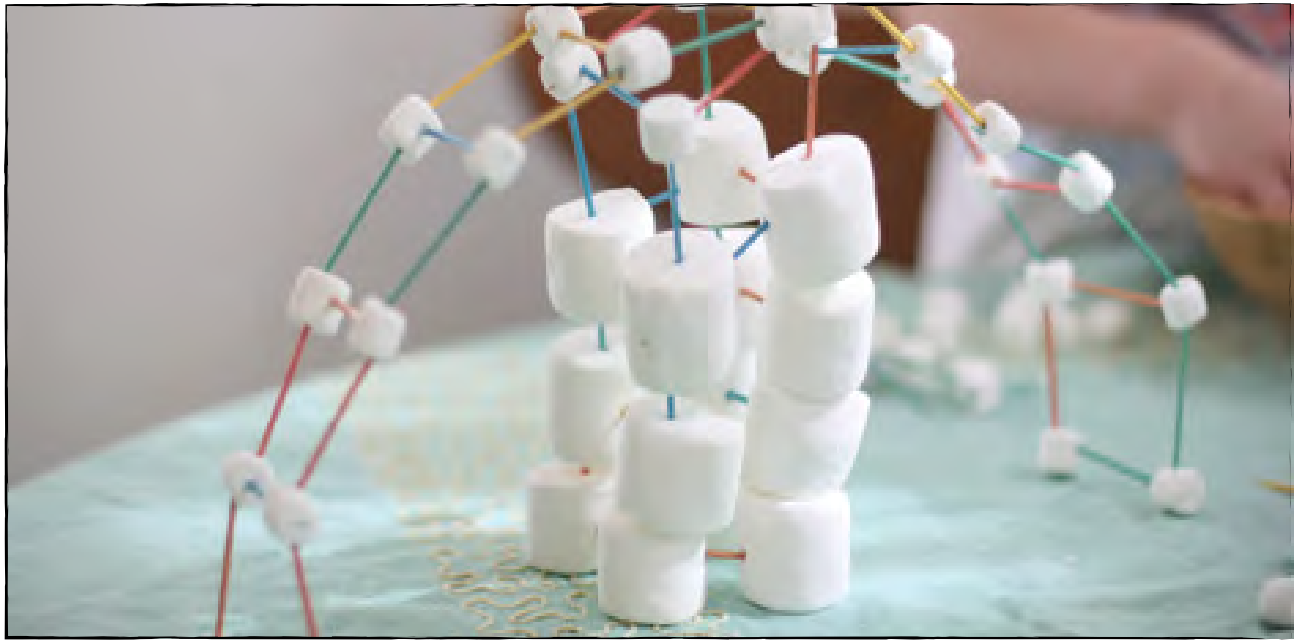
Kråke – Hooded Crows flock all over Norway. They thrive in the country and the city and everywhere in between. You can even see a Hooded Crow in the royal palace in Norway: it is one of 37 species painted on the wall in the famous Bird Room.

Fossefall – The White Throated Dipper is a water bird. Their spindly legs are very strong, allowing them to grip tightly onto rocks and riverbeds. Dippers wade into fast moving streams, then suddenly duck down into the water to catch tasty worms, fish, insect larvae, and mollusks. They are the National Bird of Norway.



Haukugle – The Northern Hawk Owl is active during the day. They hunt by perching on high branches and scouring the earth for prey. Their calls vary from a soft burble to a loud screech. Haukugler live in the pine forests of mid- and northern Norway. They also roost in Canada and Alaska.





<https://sayyes.com/2011/02/rainy-day-marshmallow-building>

MAKE
YOUR
OWN

MARSHMALLOW MANSION

What you'll need:

Mini marshmallows
Toothpicks



Steps:

Start by placing two marshmallows flat on your work surface. Connect them by inserting one end of the toothpick into the center of each marshmallow.

Continue this process by inserting another toothpick, and then adding another marshmallow and so on.

Keep adding toothpicks and marshmallows to build any three-dimensional shape you desire. You can make simple shapes like squares, triangles and octagons or more complex figures like houses, bridges and towers.

S'MORES DIP

It's your classic campfire treat with a twist!

Ingredients

What you need:

- ♥ 4 oz. semisweet chocolate chips
- ♥ ½ cup heavy cream
- ♥ 2 Tbsp. light corn syrup
- ♥ 2 Tbsp. unsalted butter
- ♥ 1/8 tsp. salt
- ♥ Mini marshmallows
- ♥ Graham crackers



Photo Credit: abigaildavidsm

NOTES:

For a simpler version, use 1½ cups store-bought fudge sauce instead of making it from scratch.

You can also make the fudge sauce in a saucepan and transfer it to a baking dish to go under the broiler if you do not have a cast iron skillet.

Steps:

Be safe– get an adult to help you with the stove and oven! Combine the chocolate chips, heavy cream, corn syrup, butter and salt in an 8-inch cast iron skillet. Turn stove to medium heat. Stir occasionally as the mixture comes to a simmer. Simmer for 6 minutes, stirring frequently, until the sauce is smooth and slightly thickened. Turn down heat if sauce comes to a boil. Then remove from heat and let cool for at least 15 minutes.

Preheat the broiler.

Cover the fudge sauce with a layer of marshmallows. Place skillet under the broiler and broil until the marshmallows are golden brown, about 2-3 minutes (watch carefully as they may brown more quickly depending on your broiler).

Serve right away with graham cracker dippers. Enjoy!



FREE HERITAGE MEMBERSHIP

*Sponsor a new Heritage
member today!*



Building Heritage Membership

We are excited to introduce these colorful recognition patches for Heritage members who have been with Sons of Norway for 5, 10 or 15 years. These charming designs featuring Norwegian wildlife can be ordered for \$2 each.

We have also updated our Heritage member certificates! They are available at no cost for 5-, 10- and 15-year Heritage members. Ask your lodge leader how to organize and place an order for these items.



If you have been a Sons of Norway member for a few years, check with your parents or your lodge! You may be eligible for one of these fun patches that you can wear on your jacket or backpack!

Note to parents: We welcome children ages 15 and under to the Heritage member program.

Heritage members must be sponsored by a relative who is already a Sons of Norway member (most often a parent or grandparent) but they are not required to be part of the same household as the sponsoring member. At age 16, Heritage members have the option of joining Sons of Norway as an adult Individual member or as part of a Family membership, if one exists at their home address. New Heritage Membership Request forms will be available shortly; however, our current request postcards and online PDF enrollment form are still valid.